

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-2	Morning Inspection
06:10-06:40	CDR, FE-2	Post-sleep
06:40-07:30	CDR	BREAKFAST. <b>SM ПСС [Caution &amp; Warning Panel] Test (after breakfast)</b>
06:40-07:30	FE-2, FE-3	BREAKFAST
10:40-11:40	FE-2	Physical Exercise (VELO-3)
11:45-13:00	CDR	Physical Exercise (TVIS), Day 4
11:50-12:05	FE-2	Private Family Conference ( <i>Ku+S-band</i> )
13:00-14:00		LUNCH
14:00-14:40	FE-2	COX Maintenance. Downlink data on <i>CBO, CГО, СПКУ АСУ, УОВ "Potok" in SM and FGB</i>
15:50-17:05	CDR	Physical Exercise (ARED)
16:05-17:05	FE-3	Physical Exercise (T2),
16:30-18:00	FE-2	Physical Exercise (TVIS), Day 3
17:05-18:35	FE-3	Physical Exercise (ARED)
18:35-19:15		Evening Work Prep
19:15-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-21:30	CDR, FE-2	Pre-sleep
19:30-20:00	FE-3	Pre-sleep
20:00-20:15	FE-3	Private Family Conference
20:15-21:30	FE-3	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	ECON. Observations and Photography
	FE-2	SEYENER. World Ocean Observations
	CDR, FE-2	Preparation of reports for Roskosmos site

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities
3. Pre-sleep ops: daily food prep, dinner, pre-sleep

End of Radiogram